

Adaptive Recreation Classes and Events



How to Register

Individuals with special needs are encouraged to contact Krista Neugebauer to be put on our mailing list for newsletters and email blasts.

480-503-6270

krista.neugebauer@gilbertaz.gov

To register for classes, events, or field trips please visit www.gilbertrecreation.com

Special Olympics Medical Release Form Policy

A Special Olympics medical release form signed by a medical examiner (good for 3 years) is required for all athletes to participate in our Special Olympics Sports.

Medical and consent forms **MUST** be up-to-date. Medical and consent forms that are not up-to-date will result in the athlete being disqualified from competitions.

If you have any questions or want to verify please contact:

Krista at 480-503-6270

Warren at 480-503-6222 or

Christie at 480-503-6223

The forms can be downloaded at

<http://www.soaz.org>

Once completed turn into Krista.

COOKING 101

In your cooking class, we will provide easy to follow recipes that are fun to make and fast to put together. We will also learn basic kitchen safety tips. How-to instructions will be provided each week to re-create at home. Bring home the skills to be a great chef! The possibilities are endless! **Participants should be able to follow simple directions. You must register for this class, drop-in is not allowed for this class.**

8+ YEARS

73240	W	8/21-9/11	5-6pm	CC	\$28
73241	W	9/18-10/2	5-6pm	CC	\$21

Instructor: Brittany Schrader

HANDMADE CRAFTS

Come have fun with your friends while making a new craft each week. Crafts will include crayon paintings, gumball machine candy jars, transferring photos on canvas and more! *This class is designed specifically for persons with special needs.* Can't come every week? Pay as you go. You must RSVP to guarantee your spot. **Participants should be able to follow simple directions.**

8+ YEARS

73242	T	8/20-10/1	4:30-5:30pm	CC	\$45/\$5
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Instructor: Brittany Schrader

SANCHIN-RYU KARATE FOR PERSONS WITH SPECIAL NEEDS

Have fun learning the fundamental movements of Sanchin-Ryu. Benefits of this program include: Enhanced balance and coordination, improved motor-skills and useful self-defense techniques. Students study in a fun, high-energy, non-competitive environment. **Participants must be able to follow simple directions. Please wear comfortable clothing that does not restrict movement. You must register for this class, drop-in is not allowed for this class.**

10+ YEARS

74586	M	8/19-9/30	4:30-5:30pm	CC	\$41
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Instructor: Sanchin-Ryu Staff

RECREATION BOWLING

Individuals with special needs 8 years and older are encouraged to join in the fun of bowling. Taking part in this sport provides individuals the chance to develop physical fitness, self-confidence and build strong relationships. Those needing extra supervision must provide his/her own aide. Register in advance to guarantee your bowling lane. Can't come every week, pay as you go. You must RSVP to guarantee space. *Practices will be held at Brunswick Zone XL(BZ) 1160 S. Gilbert Rd.*

Register early space is limited!

8+ YEARS

73243	TH	8/8-8/29	4:30-5:30pm	BZ	\$20/\$5
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73244	TH	9/12-10/10	4:30-5:30pm	BZ	\$25/\$5
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Instructor: Gilbert Staff

SPECIAL OLYMPICS BOWLING

This session of bowling provides the opportunity to participate in the Special Olympics Tournament in the Fall. A Special Olympics physical is required for training and competition. You are not required to participate in special Olympics if you choose to bowl this session. Medical release forms can be picked up from town staff during bowling, physicals are good for three years.

Special Olympics Bowling Tournament is held on Nov. 15th and 16th in Mesa, AZ. Practices will be held at Brunswick Zone XL, 1160 S. Gilbert Rd.

8+ YEARS

74608	TH	9/5-10/3	4:30-5:30	BZ	\$25/\$5
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74609	TH	10/17-11/21	4:30-5:30	BZ	\$30/\$5
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FREE GYM MEMBERSHIP

As a participant of the Town of Gilbert's special needs program you are able to receive a monthly gym membership valid at Free-stone Recreation Center and the Gilbert Community Center. You must be enrolled in at least two paid for TOG Classes or Activities.

Please call 480-503-6270 for more information.

Adaptive Recreation Classes and Events

THERAPEUTIC RECREATION HORSEBACK RIDING

These classes are geared to each rider as an individual and are aimed toward their own abilities. With the help of certified instructors and volunteers, students gain a feeling of personal accomplishment and a freedom of movement they cannot experience in a wheelchair or other aiding devices. Most importantly, riders can benefit physically, emotionally and mentally through interaction with the horses, instructors, volunteers and fellow students. Students under 18 must have parent/guardian sign a liability waiver at first class. These classes take place at Valley Silver Bullets (VSB), located at 43757 N. Coyote Rd. San Tan Valley, AZ 85140.

8+ YEARS

74587 M 9/9-11/11 6-7pm VSB \$195

Instructor: Valley Silver Bullets Staff

SEPTEMBER

KARAOKE

It's here again! Warm up those vocal chords and get those dance moves ready because it's karaoke time! Enjoy a night of singing, dancing and socializing with your friends. Food and drinks will be served. Karaoke is held at the Gilbert Community Center, 130 N. Oak St.

8+YEARS

73245 F 9/20 6-9pm CC \$5

PETER PIPER PIZZA FIELD TRIP

Come join us as we chow down on some yummy pizza and play games! We will be going during the lunch buffet so come hungry and leave happy! The \$10.00 will include the lunch buffet, a small drink and tokens. **Transportation is provided and is limited to 10 passengers. Participants are welcome to join us at Peter Piper Pizza once the van is full. Registration is required.**

8+YEARS

73246 F 9/13 11:30am-2pm CC \$10

OCTOBER

HALLOWEEN BALL

Let's do the Monster Mash! Wear your Halloween costume for all your friends to see! There will be a costume contest and a Haunted House. We'll have a great time dancing to music and enjoying old and new friends. Light refreshments will be served.

14+YEARS

73247 F 10/25 6-9pm CC \$5



Volunteers are always welcome!

Please call Warren Miller at 480-503-6222 or Christie Captain at 480-503-6223 for more information!

NOVEMBER

FIELD TRIP TO THE ARIZONA STATE FAIR

Come enjoy all the sights, sounds, and smells the Arizona State Fair has to offer! Field trip includes admission, a hot dog lunch, and kiddie games. Bring extra money for additional food or souvenirs, and have a fun time with your friends! **Transportation is provided and is limited to 10 passengers. Participants are welcome to join us at the State Fair Grounds once the van is full. Registration is required.**

14+YEARS

73248 F 11/1 7:30am-1pm CC FREE

ZOO LIGHTS FIELD TRIP

Get ready for the holidays with a special field trip to the Phoenix Zoo at night! Participants will walk through the beautiful landscape of the zoo all while enjoying one of the most amazing light exhibits in Arizona! **Transportation is provided and is limited to 10 passengers. Participants are welcome to join us at the Phoenix Zoo once the van is full. Registration is required.**

14+YEARS

73249 F 11/29 5:30-9pm CC \$13

WEDNESDAY NIGHT SOCIAL NIGHTS

Join us every other Wednesday night as we get together for a social hour with friends! We will play bingo, sing karaoke, and boogie to the top hits as we spend some time getting to know each other. *The Town of Gilbert will no longer be providing snacks for social nights, please contact the Community Center at 480-503-6290 if you would like to donate a snack. FREE!!*

Registration is appreciated.

8+ YEARS

W 8/7	6-7pm	CC	FREE	BINGO
W 8/21	6-7pm	CC	FREE	SOCK HOP
W 9/4	6-7pm	CC	FREE	KARAOKE
W 9/18	6-7pm	CC	FREE	BINGO
W 10/2	6-7pm	CC	FREE	SOCK HOP

HAPPY BIRTHDAY!

Spend your birthday month with us! During the month of your birthday you can get into our monthly event for FREE!!



Please Register with the Town of Gilbert so your birthday is on file, or bring an I.D. to the event. Classes and field trips are not included in this offer.

Adaptive Recreation Classes and Events

Events and Field Trips!



Adaptive Recreation Classes and Events

SPECIAL OLYMPICS NEWS

Fall is quickly approaching and that means the Special Olympics Bowling Tournament will be here before we know it. This year the tournament will be held on November 15th and 16th at the Brunswick Zone in Mesa. To be eligible to compete in the tournament participants must have their medical release forms up to date and have bowled at least six games with the Town of Gilbert prior to the competition to establish an average score. During Special Olympics training foul lines and cross bowl will be turned on and no bumpers are to be used. If you do not plan on attending the tournament you may continue to use bumpers if you wish.

As always, a Special Olympics medical release form signed by a medical examiner (good for 3 years) is required for all athletes to participate. Medical and consent forms **MUST** be up-to-date. Medical and consent forms that are not up-to-date will result in the athlete being disqualified from competitions. If you have any questions or want to verify please contact:

Krista at 480-503-6270

Warren at 480-503-6222 or

Christie at 480-503-6223

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<http://www.soaz.org>

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Adaptive Recreation Classes and Events

Karaoke Night

Oh yes, its karaoke night and the feelings right; oh yes, its karaoke night, oh what a night!

That's right folks! Karaoke night is back by popular demand! Come sing your heart out or just dance while listening to the beautiful melodies of your friends! Sing the songs we have on file or bring your own music to sing along with! Food and drinks will be served... but remember don't sing with your mouth full!

Where: The Gilbert Community Center

When: Friday, September 20th

Time: 6-9PM

Cost: \$5

Course Code: 72345

LOCATION:

THE GILBERT COMMUNITY CENTER

130 N Oak St.

(Gilbert/Elliott)

Gilbert, AZ 85234

480-503-6290

Please register on-line at www.gilbertrecreation.com or call 480-503-6270 to RSVP by 9/19.

Payment will be accepted at the door for all events.

This event is for those with special needs only.



LET'S DO THE MONSTER MASH! WEAR YOUR HALLOWEEN COSTUME FOR ALL YOUR FRIENDS TO SEE! THERE WILL BE A COSTUME CONTEST AND A HAUNTED HOUSE. THIS SPECIAL DANCE IS DESIGNED SPECIFICALLY FOR TEENS AND ADULTS WITH SPECIAL NEEDS. WE'LL HAVE A GREAT TIME DANCING TO MUSIC AND ENJOYING OLD AND NEW FRIENDS. SPOOKY FOOD & DRINKS WILL BE SERVED.



When: October 25th, 2013
Time: 6-9pm
Where: The Gilbert Community Center
130 N. Oak St.
Gilbert, AZ 85233
Cost: \$5
Course Code: 73247



Please register on-line at www.gilbertrecreation.com or call 480-503-6270 to RSVP by 10/24.
Payment will be accepted at the door for all events.



Adaptive Recreation Classes and Events

Special Needs Field Trips

Join us as we take a special adventure every month to a new, exciting place!

****All field trips are designed specifically for those with special needs. Transportation is provided, but is limited to 10 participants. After the van is full you are welcome to meet us at the location of the field trip but you must pay in advance for the special pricing.**

Friday,
September 13th
11:30am-2pm
Peter Piper Pizza
\$10
Code: 73246

Friday,
November 1st
7:30am-1pm
Arizona State Fair
FREE
Code: 73248

Friday,
November 30th
5:30-9pm
Zoo Lights
\$13
Code: 73249



Social Nights

Every other Wednesday get together with your friends and play bingo, dance, sing karaoke, and have fun being social!

We will provide light snacks and prizes for bingo and the best part is it's **FREE!!** *Registration is appreciated!*

August 7 th	Bingo
August 21 st	Sock Hop
September 4 th	Karaoke
September 18 th	Bingo
October 2 nd	Sock Hop

All Social Nights are from 6-7PM at the Gilbert Community Center.
130 North Oak St.
Gilbert, AZ 85233
480-503-6290



Please register on-line at www.gilbertrecreation.com or call 480-503-6270

Payment will be accepted at the door for all events.

These events are for those with special needs only.